

Health and Wellness Committee
Meeting 11/1/2022

Attendees:

Commissioners: Betsy Carrier, Bob Levy, Marsha Weber, Neal Brown, Kendell Matthews, Barbara Selter, David Engel, Eddie Rivas, Joyce DuBow, , Laurie Pross, Rev Vikram, Virginia Cain, Wayne Berman
Guest: Bozena Skraban, Kerri Donnelly, Marcia Pruzan
Staff: Tina Purser

Marsha Weber called the meeting to order at 9:30. Laurie Pross moved that the minutes from the October 4th meeting be approved. Seconded and approved.

Sub Committee Reports:

- End of Life: Kendell, Laurie and Tina met to discuss end of life issues. They focused on the topic of advanced directives. They plan to draft a fact sheet of how to discuss end of life issues with your family.
- Housing/Aging in Place: David presented a model fact sheet (attached) about housing resources that are available as you age in place. This fact sheet included excellent resources and also served as a possible template for how information might be presented in the Life Transition project. Marcia Pruzan suggested that Lorraine Driscoll be consulted regarding what to be included on this fact sheet.
- Technology: Wayne indicated that a subcommittee is meeting but he is not ready to report.

Marsha reported that the Life Transitions project is a huge undertaking and a subcommittee is working on what materials should be included and how the materials should be organized. Virginia is leading this subcommittee. Virginia outlined the context for the project as a broad look as you plan for life events as we age. Possible topics to be covered include:

- Need for talking with family and friends about this issue—why important- Rev and Marcia Pruzan will draft an outline
- Critical information that should be gathered—present in a list format. Kendell, Marsha and Virginia are pulling together a list
- Everything else—how should this topic be broken down?

Very lengthy discussion followed on how to break-up the “everything else category”.

The following sections were suggested:

- Health and Medical- Laurie and Kerri to draft outline
- Housing: Staying at home vs. moving- David to draft and Lorraine Driskoll to be consulted
- Legal and Financial- Betsy and Kendell to draft outline

- One more topic- was this end of life?

There were lengthy conversations on how information should be written up, what deadlines should be for completing, specifically this could be a multi-year task, how to incorporate reference materials, how to vet reference materials, what age groups these materials should be targeted to (difference in targeting materials to a young old vs. old old population), different ways to distribute info: notebooks, 50+, YouTube, fact sheets.

Eddie will schedule a meeting with representatives from LGBTQ community to get their perspective on this project.

Assignments and actions: For each of these topics an outline will be drafted and sent to Tina by 12/1 for distribution at the next meeting.

Meeting was adjourned at 11.